

Montgomery County Fire & Rescue Service

2009 Safety, Health and Survival Week
June 14-20, 2009

***Protect Yourself: Your
Safety, Health and Survival
Are Your Responsibility***



MCFRS Safety Section 2009



2009 Safety, Health and Survival Week

Protect Yourself: Your Safety, Health and Survival Are Your Responsibility encourages chiefs and fire/EMS personnel to focus on what they personally can do to manage risk and enhance their health and safety. This year's theme reflects the need for personal responsibility and accountability within a strong safety culture.

2009 Safety, Health and Survival Week

*This year's program **will incorporate four key areas** where standard operating procedures, policies and initiatives—along with the training and enforcement that support them—can limit fire/EMS personnel's risk of injury or death:*

- **Safety** – Emergency Driving
- **Health** – FF Heart Disease & Cancer Education
- **Survival** – Structural Size-Up & Situational Awareness
- **Chiefs** – Be the Leader in Safety

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Safety: Emergency Driving *(Enough is Enough—end senseless deaths)*

- *Lower speeds—stop racing to the scene. Drive safely and arrive alive to help others.*
- *Utilize seat belts—never drive or ride without them.*
- *Stop at every intersection—look in all directions and then proceed in a safe manner.*

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Health: Fire Fighter Heart Disease and Cancer Education and Prevention

- Don't smoke or use tobacco products.
- Get active.
- Eat a heart-healthy diet.
- Maintain a healthy weight.
- Get regular health screenings.

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Survival: Structural Size-Up and Situational Awareness

- Keep apprised of different types of building materials and construction used in your community.
- Develop a comprehensive size-up checklist.
- Always complete a 360° walk of the structure to collect valuable, operational decision-making information.
- Learn the practice of reading smoke.
- Be familiar with the accepted rules of engagement.
- Learn your accountability system and use it.
- Master your tools and equipment.
- Remain calm and concentrate.

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Chiefs: Be the Leader in Safety

- Become personally engaged in safety and make it part of your strategic vision for the department.
- Be willing to make the tough decisions regarding safety policies and practices and their implementation.
- Hold members of the organization accountable for their safety and the safety of those with whom they work.
- Ensure that resources are available to accomplish activities safely and effectively.

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The MCFRS Division of Wellness, Safety & Training will provide all the training materials for this year's program.

The Washington Council of Governments Fire Chiefs Committee, Health and Safety Sub-Committee will furnish a DVD with informative programs covering all of the focus Areas.

Stations will be required to review and discuss the materials during activity periods and should develop a healthy meal plan for the week.

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For further information go to these websites:

www.iafc.org

www.iaff.org

www.everyonegoeshome.com

www.firefighterclosecalls.com